

PREMIERE

September
2017

The Story of the *Miracle Boy*

Murray Wills

SIGNATURE CHEFS AUCTION
NEA SENIORS
FAIRS AND FESTIVALS

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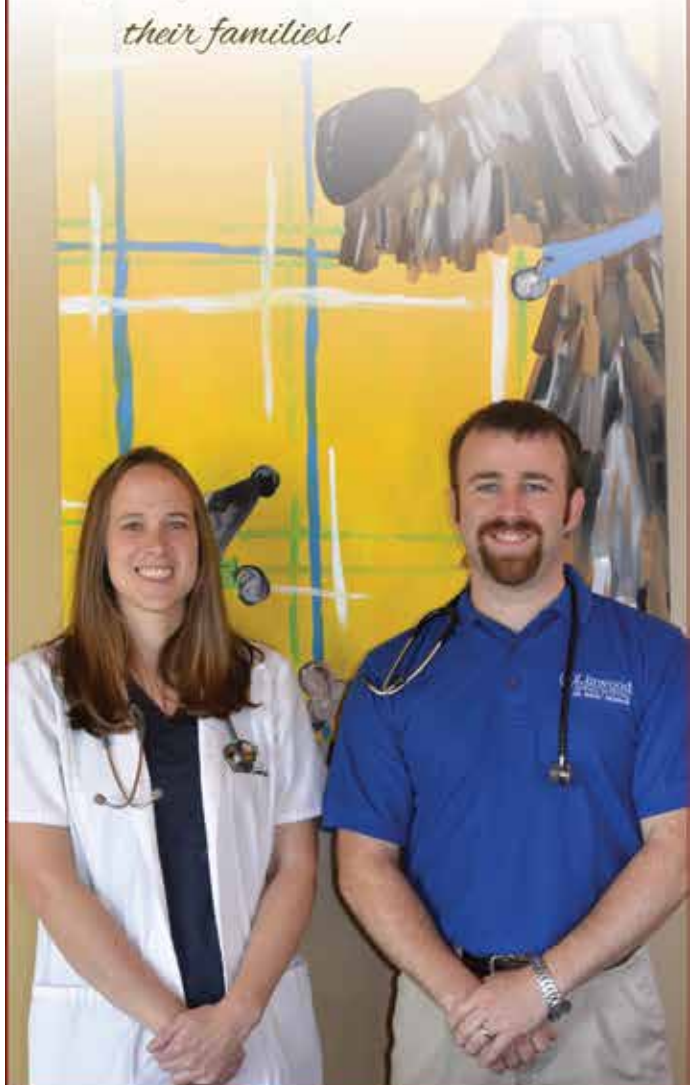


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From The PUBLISHER...

DINA MASON



Fall is my favorite season and it is just around the corner! This edition of Premiere will get you in the Fall mode and make you appreciate the upcoming season of football, fairs and festivals.

While we may differ on our favorite seasons, no one can deny the beauty of a baby and we all want to see them healthy. Our cover story featuring Murray Wills as the ambassador for the March of Dimes Signature Chef Auction is nothing less than the story of a miracle. And this event also helps to, hopefully, bring more attention to the seriousness of premature births and to do what we can to prevent them ... all while having a great time at the auction.

The NEA Seniors section in this edition will get your season off to good health if you heed the supplements advice from Amanda Yates of the Jonesboro Health Food Store, and will start your fall activities and travel with the Senior B.E.E.S. of Paragould's story about their trip to the Ark in Kentucky.

The cover story is a celebration of area Law Enforcement through the years, as many past and present came together in August to reminisce and salute each other and their fellow officers.

Of course we have our regulars like Chuck Long's column, this month on an alligator hunt, and Jared Pickney's reminding us to make friends and enjoy entertaining company! Get Rich has a heartfelt message on an exceptional young man who lost his battle to cancer after an honorable fight. Clint Dickson leaves indelible marks on those he touched from his incredible character to his sense of humor (or, for me, from our Daily Press days, and our mutual appreciation for a co-worker's sense of humor!) but always the kindness of a true Christian spirit shining brightly.

We hope you enjoy our publication and remember to send us the "good news and the people making it happen" in your world.

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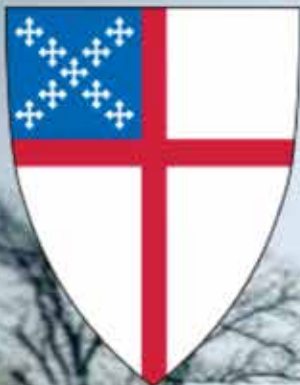
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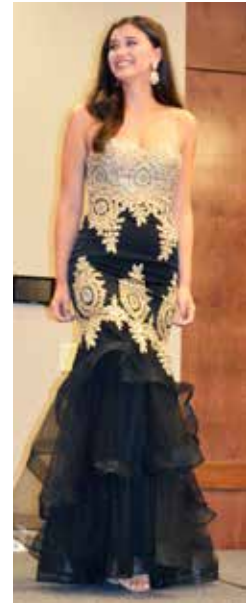
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PHI MU FASHION SHOW

The Northeast Arkansas Phi Mu Alumnae Chapter hosted its 29th Annual Phi Mu Fashion Show to benefit Arkansas Children's Hospital at the Arkansas State University Cooper Alumnae Center in August. Several local businesses participated in the event by having models in the show and donating door prizes for the event.



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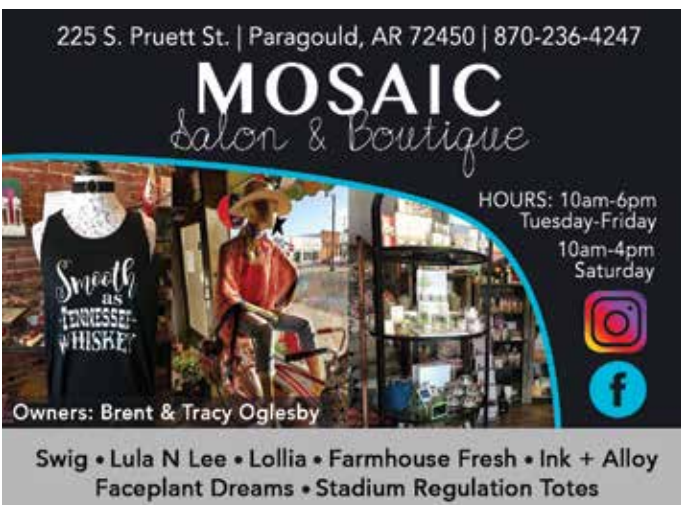
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Downtown Paragould prides itself in the sake of preserving the historic ambiance of Paragould, Arkansas. The community has flourished and grown since the beginning. Main Street Paragould, Inc., is one of only fifteen Main Street programs statewide. It is a non-profit organization under Arkansas State law that is dedicated to restructuring through historic preservation and revitalization. Plans to continue preserving the past and enhancing the future are constantly ongoing and unrelenting.

Save the date, September 25th, for Main Street Paragould's event, Taste of the Ridge!

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GATOR HUNT

By Chuck Long

Two brilliant red orbs glowed just above the water and gave away the presence of the large reptile that lay beneath the surface. It looked as if the eyes could glow on their own but they were only reflecting the light of the Q-beam as we tried to make a silent approach with a trolling motor. The distance closed and the once steady eyes began to move as Mike raised the harpoon.

Like many other animals, American alligators were native to Arkansas when the early settlers arrived but their numbers were depleted due to overhunting for meat and hides and due to a fear of the large reptiles. Alligators remained unprotected in Arkansas until the early 1960s and the populations declined to an almost non-existent number. Restocking efforts began in the early '70s and populations began to grow in places with suitable habitat and little human interference. This growth led to an alligator season introduced a few years back by the Arkansas Game and Fish Commission that is designed to help control the population. It is a very limited draw permit that is highly coveted by sportsmen due to the uniqueness of the hunt.

Alligators have been found in almost two-thirds of the counties in Arkansas but reproducing populations are limited by the severity of the winters in the northern

half of the state. An imaginary line seems to exist along Interstate 40 that runs across the center of Arkansas and this is often regarded as the northernmost line for a reproducing population of gators.

A gator hunt in Arkansas is much different than what you might see on "Swamp People" or other television shows. Natural State hunters must go out at night and noose or harpoon one of the large reptiles, subdue it and finally shoot it with a shotgun to finish the animal. It provides a thrilling hunt for those that are lucky enough to draw. Alligators can achieve a very large size as there have been a few over twelve feet taken in our state, but most harvested by hunters have been in the seven to ten foot range.

As stated earlier, gator permits are drawn from a large pool of entrants and the likelihood of being drawn is slim but Mike Huckabee from Paragould got his name called in 2016. Once drawn, the participant can also choose to take a couple of "helpers" along to assist in the hunt. I had been fortunate to assist another Arkansas gator hunter, Keith Sutton, on a successful hunt a few years earlier and Mike called and asked if I could assist him and Tim Hamilton on their quest in the Arkansas River near Pendleton.

The eyes of the gator continued to glow as we got closer but Mike had been to the point of using the harpoon several times earlier in the evening and the gators would submerge. Finally we got within range and the harpoon found its mark in the gator and the fight began.

One thing that needs to be done to secure a gator is get a noose around the head to better control the animal. In the frantic activity of the fight, the noose became hung in the boat and I leaned forward to free the noose. The gator was fighting to stay deep and he suddenly decided he would head to the same side of the boat where I was working to dislodge the noose. This led Mike that way and, before I realized what was happening, the boat tilted and I was in the water. Luckily I was able to hold the side of the boat and Tim grabbed my arm and Mike reached down, while still fighting the gator, and grabbed a belt loop and rolled me back in the boat. It was a frantic situation for just a few moments.

Mike continued to fight the gator and Tim finally freed the noose. The gator eased to the surface and Tim helped control the animal as we slipped the noose over his head. Mike readied the shotgun to dispatch the animal but it still took a bit to get a lethal shot. He finally got the opportunity and was able to make a quick, clean kill. We sat for just a while to regroup and then rolled the nine and a half foot gator into the boat and headed back to the landing wet, tired and drained from the adrenaline rush.

I have only been a helper on alligator hunts, but those experiences are at the top of my list of times spent in the outdoors. The thrill of the hunt was great, but to know the story of the depletion and subsequent successful restocking efforts make this hunt one of a kind. The efforts of the hunters and fishermen of Arkansas have made positive impacts in the history of the wildlife of our state and the gator is another great success story.

The application process for the alligator hunt usually takes place in late May or June and there are several public areas to hunt. The successful applicants must attend an orientation class that covers the basic rules of the hunt and the hunt itself is held in mid-September. Give it a try next year if you want a very unique outdoor experience. Thanks for all you do for the outdoors and I hope to see you out there!



CHUCK LONG

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THE ALLEN HOME

This beautiful space is the home of Phil and Judy Allen. The Allens originally started this as a “downsize” project but with an upstairs space available in the layout they couldn’t resist the opportunity to create a showplace for their art collection and a beautiful oasis for their family.

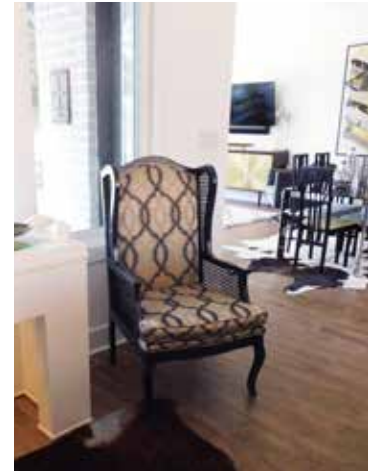
Cindy Shepard invited Premiere Magazine to feature the Allen home after working with them from concept to completion. “The beauty of working with the Allens is that they are absolutely open to different styles of art and they are not afraid of color.”

Phil and Judy worked with many local Northeast Arkansas vendors to create their dream home on the golf course. Cindy helped them shop for new and used family pieces of furniture as well as artwork they had collected over their many years of marriage.

The furniture in the upstairs guest suite with a gorgeous view is a Kent Coffey mid-century design, some of the many pieces they have purchased through their love for estate sales and auctions. The Allens appreciate art and have collected many pieces from Northeast Arkansas artists, including Beautox and Gail Ford, as well as several Peggy Hughey pieces -- including one specific piece that lines the “art gallery hall” upstairs.

Cindy Shepard of Gamble Home Furnishings helped the Allens pull together this masterpiece with the help of Wayne Kelso, plan designer, Eddie Leach, the builder, Hughey Landscape, Schmidt Countertops, Adolfo Vega, cabinet maker, Ajax Flooring, and John Campbell of HomeTronix of Jonesboro.





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SIGNATURE CHEFS AUCTION

Fifteen chefs will serve as the showcase event in October at the 10th annual March of Dimes Signature Chefs Auction.

Amy Wills, planning committee member and event ambassador, said in addition to the auction hosted by March of Dimes, each chef's station will offer food to the guests. Chefs are selected by impact they have had in the community, and Wills said the planning committee tries to ensure a balance of the best foods available while giving the chefs the chance to show off.

"You can mingle while you eat and get your game face ready for the auction," Wills added.

Money raised from the live and silent auction will aid the St. Bernards NICU, which opened in 2012.

"This money will go toward things like helping the families that are currently there, research to help families across the state battle prematurity in subsequent

pregnancies, and perhaps even one day help our local NICU expand so more families that need help can stay here rather than need to travel to Little Rock or Memphis," Wills said.

Wills' connection to supporting the cause is personal — her 4-year-old son was born prematurely at 33 weeks. He spent 30 days at the UAMS NICU, so Wills said the fight against premature births is a big deal to her family.

In 2016 the premature birth rate in Arkansas raised from 10 percent to 10.8 percent, and Wills said in Craighead County alone the rate was 12.3 percent.

"The goal is to raise awareness and resources to decrease that rate to 8 percent or less," she said.

The Signature Chefs Auction begins Oct. 26 at 6 p.m. at Centennial Hall at Arkansas State University. Tickets and more information can be found at www.signaturechefs.marchofdimes.org.



NEA COOK

Michael Tolson

CHOCOLATE CHESS PIE

Ingredients:

2	Unbaked Pie Shells
3 3/4 cups	Sugar
10 tbs	Cocoa Powder
1/2 tsp	Salt
12 oz	Evaporated Milk
1/2 cup	Melted Butter
2 tsp	Vanilla
2 tsp	Caramel Flavor
8	Eggs, Beaten

Directions:

Mix together sugar, salt, evaporated milk, cocoa powder, eggs, melted butter, caramel flavor and vanilla. Whisk to thoroughly blend. Pour mixture into the pie shells and bake in 350 degree preheated oven for 55 minutes. Check the consistency and bake more if needed.



How do you like owning a business?

I have owned restaurants in Dallas and Oklahoma City but I have to admit that Chow At One Eighteen in Paragould has been by far the most successful and fulfilling. When we were in the business planning stage we underestimated the need in Paragould and Northeast Arkansas for a dining establishment like Chow.

How did you learn to cook?

Most of my style and techniques are learned through experience.



What is your favorite meal to cook?

I love cooking Italian food...Lasagna, homemade pastas and Osso Bucco (a slow cooked veal shank with vegetables and beef stock).

Worst kitchen disaster?

While managing in The Heights of Little Rock many years ago, one of my kitchen staff was filtering the hot oil from the deep fryer. Without thinking, she used a plastic bucket to drain the hot oil into. Needless to say, the bucket melted and the oil covered the entire kitchen floor. Have you ever tried to get peanut oil, in large volumes, off the floor?

What drew you to participate in the March of Dimes Signature Chef Auction?

We have participated in the March of Dimes Signature Chef's Auction for the past several years. This is a way we can contribute to the advocacy, research, and many programs funded by the March of Dimes that help millions of people.





How did you become a chef?

Well, I have a degree in engineering, I put my ex-wife through nursing school, and I decided I could go to nursing school. I'm one or two credits away from being an RN. I'm a certified EMT, my engineering degree allowed me to be a certified machinist and a welder, and I'm a certified chef. I'm looking at this chef thing thinking, "Where's this gonna go? I'm almost 50." I learned from some of the best European chefs out there in sort of a "boot camp" training. They taught me to Keep things Simple Stupid. It's been some of the best advice. Look at our current location. We're a small place, with a limited easy menu, and we make it feel like home. Jonesboro has really responded.

Whats your favorite meal to cook?

I love taking leftovers out of the fridge and take it on as a challenge. I like to see what I can make out of that. My wife and I are on a diet recently and so we have been trying new combinations of veggies and fruits. So far nothing revolutionary. But we're willing to try a cucumber or bacon wrapped in peaches and see what happens. Maybe something will be mind blowing.

What are you cooking for the March of Dimes Signature Event?

The Wingate went over really well last year. We have some surprises up our sleeve. I was raised by activists. It's not in my nature to sit by; we were taught to "be a part and take a part." Everyone has a voice, no matter

how small, just get up and do something. The March of Dimes is slowly starting to edge down the infant mortality rates, and it's amazing. I don't believe some of the illnesses we face today were around back in the day, and I feel that our food supply is somehow to blame. My grandmother ate what she wanted to, but she was up early working and getting food out of the garden and the farm. Food dictates how we evolve. We strive to eat local and healthy and non-GMO products and are thrilled to help the March of Dimes take on some of these diseases. It's a great organization. It's an honor to help however I can.



NEA COOK

John Myers

CACIO E PEPE

Ingredients:

6 oz. pasta (egg tagliolini, bucatini, or spaghetti)
 1 cup unsalted butter (cubed, divided, 1 tsp.)
 1/4 cup roasted Parma Ham (cubed)
 1/4 cup minced fresh garlic
 1/4 cup chopped Italian parsley
 1 cup finely grated Frana Padano or Parmesan
 2/3 cup finely grated Pecorino
 Freshly cracked black pepper
 Kosher salt

Directions:

Bring 3 quarts water to a boil in a 5-qt. pot. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain, reserving 3/4 cup pasta cooking water.

Meanwhile, roast 1/4 cup cubed parma ham. Melt 1/2 cup butter in a large heavy skillet over medium heat. Add pepper and garlic and roasted parma ham (with ham drippings) cook, swirling pan, until toasted, about 1 minute. Add 1/2 cup reserved pasta water to skillet and bring to a simmer. Add pasta and remaining butter. Reduce heat to low and add Grana Padano, stirring and tossing with tongs until melted. Remove pan from heat; add Pecorino, and Italian Parsley stirring and tossing until cheese melts, sauce coats the pasta, and pasta is al dente. (Add more pasta water if sauce seems dry.) Transfer pasta to warm bowls and serve.

FESTIVALS & FAIRS!

BEATLES AT THE RIDGE MUSIC FESTIVAL

SEP. 15-16 | WALNUT RIDGE, AR

Beatles at the Ridge Music Festival is one of the fastest growing festivals in the South, covering Historic Downtown Walnut Ridge. The event team was recognized with the "Welcome to Arkansas" award and a "Henry Award" at the 2013 Arkansas Governor's Conference on Tourism. Beatles at the Ridge Music Festival was also recognized as "Top New Festival in Arkansas."



GREENE COUNTY FAIR


SEP. 4-9 | PARAGOULD, AR

Don't miss any of 130th edition of the Greene County Fair, Arkansas's oldest county fair, set for September 4th through the 9th at the Greene County Fairgrounds in Paragould! This year's Fair has something for everyone! Livestock shows, Carnival rides, the Little Miss & Miss Greene County Contests, live music from the Dillan Cates Band and gospel music from Hearts Desire, the IPRA rodeo and not one, not two, but three big demolition derbies. Like the official Greene County Fair Facebook page for a free schedule of events or visit greenecofair.com!


WHITE RIVER WATER CARNIVAL

SEP. 16 | BATESVILLE, AR



The White River Water Carnival was originally planned as a drawing card for Batesville. 70 years later, the annual Water Carnival still draws thousands of visitors to the beautiful banks of the White River. The Carnival is a free, family event that features entertainment.



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NEA DISTRICT FAIR | SEP. 18-23

JONESBORO, AR

The 2017 NEA District Fair is slated for September 18th through September 23rd. There will be even more exciting rides and performances, along with all the yearly livestock and craft competitions, talent competition, and the crowning of a new NEA District Fair Queen. There will be special price days for admission throughout the week!

BBQ & MUSIC FEST

SEP. 30 | JONESBORO, AR

The 9th Annual Downtown Jonesboro BBQ Fest is the premier BBQ event for the state of Arkansas. BBQ contestants will set up booths along the streets of Downtown Jonesboro for guests to taste their food and then be judged! Winners will be awarded with \$10,000 in cash and prizes. *American Idol* winner, Scotty McCreery, will headline the music performance with his country flare. Children will be kept entertained with several kid activities, food, inflatable attractions, and a kids' area.

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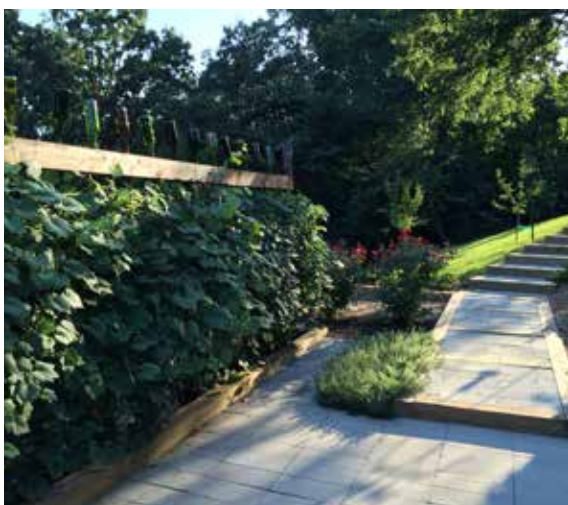
It's barely twilight as my date and I get out of my car and make our way through a maze of other vehicles, down a path where we meet a long curving outdoor staircase flanked by landscaping of roses, monkey grasses, herbs and vined topiaries and trees. It's Dr. Kevin Reed and Patty Tramwell Carpenter's annual crawfish boil party hosted at their sprawling mid-century, midtown home.

The air is lightly scented with jasmine and humidity for this late spring day. At the bottom of the staircase is a patio of sorts. Endearing, lush with green, a little funky and full of surprises. What once was a place for catch-all, a would-be garden or a place to put extra poolside furnishings, has been transformed into a cozy courtyard of herbs, flowers and empty bottles used as lighting elements off

of latticework which reads "Kevin & Patty's Winery & Garden," letters that light up with LED at nighttime. Under this signage is a raised garden bed filled with squash, tomatoes, herbs of all varieties for cooking and scenting. Directly across is a tall fence, enclosing the secret garden from the expansive lawn behind. Kevin has started the beginnings of what looks to be a very productive grape vine, hopefully that will start producing by next year once his branches lay out according to plan. On top of the fence are wine bottles of differing colors, turned onto their tops to catch the late afternoon sunlight, casting brilliant shades of green, purple and deep amber onto the rock patio below. "We knew the back yard needed to be cleaned up, but we also wanted to create a space that was all about who we are. So we expanded the space for the garden and rebuilt the greenhouse which

also gave us more storage. We talked to Robert Sartin about our goals and the cleanup. He came up with the design for us." I asked Kevin and Patty what the purpose for this space will be moving forward. "Some day, we want to make our own wine. This meant expanding our grape growing. Plus, we wanted more herbs, tomatoes, bell peppers and strawberries and apple trees of differing varieties. The saying on the backdrop for this space says it all. That's exactly what this area of the house will be."

Next to the raised bed is a vintage, pre-Civil War stove dated 1860 that adorns the open area to make it an extra special sitting space for that early morning cup of Joe or late afternoon glass of Chardonnay. This was gifted to Kevin and Patty by dear friends, Ron and Lisa McCullar.



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Fowler Center, Jonesboro **MAR 18 9am**

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LIVING A BETTER STORY

By Jared Pickney

Deep, life giving friendships are harder and harder to come by in our fast paced, overly busy, individualistic society.

Consider the development of new homes. Long gone are the days of large front porches. The most prominent parts of the house seem to be the two- or three-car garage. Inside are huge bathrooms with skylights and walk-in closets larger than the bedroom I grew up in. Modern homes tend to have smaller living and dining rooms since entertaining guests is no longer a top priority. Today's homes boast smaller yards and higher privacy fences.

When we arrive to our fortress after a long day we shut the garage door behind us, isolating ourselves from the neighbors Americans once prioritized.

We lack community, and as a result, many of us lack deep friendships. Our lack of friendship is keeping us from being the men and women God created us to be (Genesis 2:18; John 15:13-15, Hebrews 10:25).

A great friendship is marked by mutuality, love, commitment, loyalty and

encouragement. It provides a space where you be known, belong and beloved.

You were made for friendships. But how do you develop them?

Prayer

Pray for God to give you the ability to develop friendships. Pray that He will place people in your life who you can cultivate deep friendship with.

Friendliness

Friendly people make friendship possible. Pleasant people who are optimistic and humble are much easier to get along with than a prideful Paul or negative Nancy.

Work

Nothing in life worth happening comes easy. The same is true with friendship. A friendship worth having is a friendship worth working for.

Affirmation

If we will learn to affirm others we will develop friendships. Mark Twain said, "I can live for two months on a compliment." He is right!

Listening

Nothing is more important to a friendship than learning to be a good listener. People feel loved when they are listened to.

Acceptance

Rejections are around every corner. An open, accepting soul is like a well-lit home on a cold dark night.

Hospitality

Take the initiative to invite people into your life. Open up your home and share a meal with them.



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ABILITIES UNLIMITED SOUND EXPRESSION

A local organization is spreading joy through the sound waves by using music as a form of therapy.

Sound Expressions Music Outreach is devoted to aiding individuals with special needs in expressing themselves through music. Created by John Gatling in early 2016, Sound Expressions meets once a week at the Abilities Unlimited activity center.

Gatling said his program serves as a form of therapy for those at Abilities Unlimited, and bringing in the instruments and music has even uncovered some special talent. Volunteer Sandy Jones explained one individual had never played a set of drums in his life until Sound Expressions came to Abilities Unlimited. The group soon found he had a natural talent for the instrument.

"Nobody knew until this," Jones said, "not even his family." Sound Expressions' objective is to focus on the expressive needs and desires of individuals who are differently

abled and have limited opportunities to freely express themselves. Gatling aims to provide a supportive environment to foster expressive desires through the music.

"Supported musical participation in a group setting can unlock expressive inhibitions, resulting in feelings of inclusion and acceptance," according to Gatling's detailed description of his organization. "But it's quite possible that the greatest benefit gained by those participating is that of real joy, which is plainly discernible on their faces and in their voices."

Aside from simple enjoyment, Sound Expressions has brought great progress to the individuals at Abilities Unlimited. Jones described one man who has trouble making eye contact with others — he films the music sessions and uses the camera to make eye contact instead.

"That's amazing progress for him," Jones said.



John Gatling and Wesley Hathcoat discuss music and listen to another member sing.

Members of Abilities Unlimited gather together for a day of music with Sound Expression.

Wesley Hathcoat plays guitar and sings along to a country song.

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MURRAY THE MIRACLE BABY

By Richard Brummett

When Amy Wills talks about the birth of her first child now, she is able to recount the story with a smile. Four-and-a-half years ago, however, the only word to accurately describe the situation surrounding the premature birth of her son is, "Terrified. Absolutely terrified," said the 27-year-old Jonesboro resident.

Today, Murray Wills is a typically rowdy little boy full of energy and always on the go -- "He's happy and healthy and thinks he's Captain America. He has no issues," his mother said -- but that was not always a certainty and is one of the main reasons he has been selected as the March of Dimes Ambassador for the Signature Chefs Auction in October. Prematurity is the No. 1 killer of babies in the United States and the March of Dimes is working to change that and help more mothers have full-term pregnancies and healthy babies. The Signature Chefs Auction raises important funds to support the mission of improving the health of babies by preventing premature birth, birth defects, and infant mortality while funding crucial research, education and support to ensure all babies are given a fighting chance.

Like any expectant young mother, Amy hoped for nothing more than a smooth delivery and a healthy baby. She and husband Andrew were anxious as she followed all the rules and suggestions set down by her doctor, and she had what she considered "a perfect pregnancy. But then, the Hellp syndrome came from nowhere. The next thing I know, I'm being shipped to UAMS and he was born at 33 weeks, and only weighed four pounds. I was terrified, frustrated. I had followed all the rules, so why was this happening to me? I was so angry. I kept thinking, 'Where did I go wrong?' But I found out later I hadn't done anything wrong, I was just a very sick person." HELLP syndrome is a life-threatening condition that occurs when pregnant women have elevated levels of liver enzymes combined with a low platelet count, according to the Preeclampsia Foundation. Doctors typically view the syndrome, which usually appears late in the woman's pregnancy, as a form of preeclampsia. If undiagnosed or untreated, it can result in life threatening complications for both mother and baby. HELLP syndrome is fatal in as many as 25 percent of expectant mothers who develop it. The symptoms may include a headache, vision changes, nausea, vomiting or swelling. Tenderness in the chest or abdomen, as well as shoulder pain or pain in the upper right area of the abdomen, are other symptoms women sometimes experience. Patients experiencing the syndrome often have protein in their urine and high blood pressure,



and it is especially difficult for doctors to confirm a diagnosis when these two factors are not present.

"I was sick, but I thought it was food poisoning," Amy said. "I had an upset stomach but thought that's all it was and didn't want to use a sick day. But pretty soon I couldn't even stand up, and I have a pretty high tolerance for pain. I said, 'I don't feel right, I need to lay down, I can't stand.' I still thought it was just the worst stomach bug I had ever had. I had to get help and at the ER, my blood pressure was through the roof. The doctor came in at 1 a.m. with lab results and said, 'We think this is what's going on but we're going to run some more labs to make sure everything's okay. We'll run the tests, and you get some sleep.'

"At 5 a.m. the doctor came back in with a look of absolute terror on his face," Amy recalled. "He said, 'The labs are bad. It looks like internal organ failure. We have to do a C-section right now.' I said I needed to call my family, but he said there was no time, to just go. I had never even been in the hospital. I was terrified. I had had no surgeries, none of this, and suddenly I'm in ICU for 10 days, while they're trying to keep everything stable. I was numb; I didn't even cry."

Amy and Murray spent 30 days at UAMS in the Neonatal Intensive Care Unit as they both tried to build strength. "His only real obstacle was gaining weight," Amy said of the newborn. "But they prepared us for the worst. He was on a ventilator, but he was able to eat. He's tall and skinny now and I know I'm overly protective. We're just trying to be prepared for long-term issues, but he's just out there running and jumping and climbing. He doesn't have any issues that we can see.

"Right after, they said we probably should not have more children, that there was a 75 percent chance this could happen again. I didn't want an only child and we prayed about trying to adopt. We actually got our names on the list, and a week later I was pregnant with Henry. It was terrifying, but everything went perfectly. He was a week late, and about the fattest baby I'd seen. We went to both extremes."

Because there is not a known cause for HELLP syndrome, there is also no identified way to prevent it, according to the Preeclampsia Foundation. Since it is believed to be related to preeclampsia, staying vigilant about diet, exercise and a healthy blood pressure can only help. When a diagnosis is made in a timely manner, it is usually possible to prevent medical emergencies from occurring. In most cases, the treatment for the syndrome is to induce delivery of the baby.

Now, Amy and Andrew are huge advocates for the work done by hospitals like UAMS and particularly its neonatal intensive care unit. They credit the March of Dimes NICU Family Support program for giving them much-needed comfort and are campaigning with the organization because they want to help make the NICU a little less frightening for families who may face similar situations. They are on the Family Advisory Board, and Amy said, "A lot of people we met there didn't have such a great outcome. We want to be there for other families. We want to help until, ultimately, there is not a need for assistance with premature births because it has been solved."

And as for Murray? "Well, we'll just try to keep up with our little Power Ranger," she said.

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THE IMPORTANCE OF PRE-PLANNING

Janie Singleton at Faith Funeral Service in Manila knows that planning a funeral for a deceased loved one can be a stressful undertaking, and understands even more that the living sometimes have difficulty planning ahead for their own services.

"We plan for all types of life events in hopes that we will *never* need them, such as auto insurance, health insurance, home owners insurance, etc.," Singleton said. "We plan and save for life events that we hope *will* happen -- such as vacations, weddings, education. Death is a life event we will all have to face. Why not make those plans?"

She and the staff at Faith Funeral Service are more than willing to sit down with families and individuals and consider the many benefits of preplanning, realizing few people like to think about death, much less plan for it. Still, it is a topic that should be discussed and arranged for well in advance of one's death.

"We see so many families that are totally lost because they don't know what their loved ones might have wanted," she said, "and they are not prepared financially.

"By preplanning you can determine if you want to be buried or cremated and sign all the necessary paperwork to make sure your wishes are followed," Singleton continued. "Your plans can be as detailed as you wish. You can also make financial arrangements and guarantee the cost of your funeral won't go up, relieving your family of that responsibility."

It is important to realize that the funeral and/or memorial service isn't for the deceased but for the living. It is a time when friends and family can gather together to grieve openly, share fond memories and to provide support for one another.

Preplanning your funeral can be very informal, and as simple as sharing your wishes with a family member, relieving them of the burden

of making important financial decisions during a period of great stress and grief -- a time when people aren't thinking very clearly. That's where the staff at FFS excels ... making sure your wishes are known and recorded ahead of time.

By preplanning your funeral, you can:

1. Make your wishes clear;
2. Make all the arrangements during a time of peace and calm, and not leave them for your family to deal with during their time of grief;
3. Control the cost of your funeral;
4. Ensure that personal records are organized and easy for your survivors to locate.

Preplanning procedures can also protect your insurance so that it provides for your survivors and not for funeral expenses and provide protection in case the need arises before it is expected.

When done properly, preplanning can give you peace of mind because you know that your arrangements are ready and pre-funded. Meet with your funeral director to discuss preplanning.

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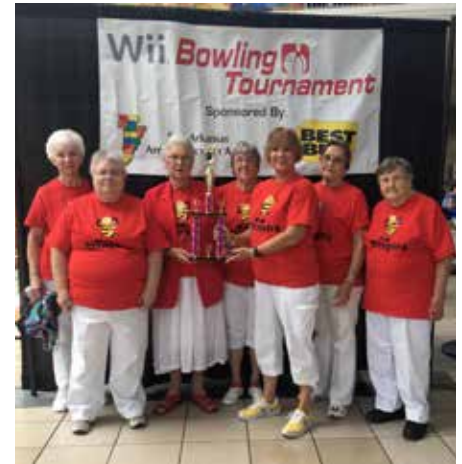
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B.E.E.S. VISIT NOAH'S ARK

In June the B.E.E.S. Senior Citizens traveled to Kentucky to tour Noah's Ark and the Creation Museum. Their first lunch stop was at Patti's Settlement where they enjoyed a fabulous lunch. Her flower pot bread is amazing, especially with strawberry butter. The grounds are beautiful also. A very pleasant surprise lunch for them. On Thursday, they arrived at the ark and spent the day there touring the ark and grounds. It's a must see

for everyone. Friday they enjoyed touring the Creation Museum, another wonderful museum to see. Some were brave enough to take a camel ride and do the zip-line.

For the evening entertainment they went to a dinner theatre where once again they had a delicious meal and enjoyed the production of Sister Act. Before departure on Saturday they boarded "My Old Kentucky Dinner Train,"

where they stuffed themselves with another amazing meal while viewing the beautiful Bourbon Country of Kentucky. They had a wonderful trip, enjoyed several wonderful meals, made new friends and the weather was perfect. The B.E.E.S. fall trip will be October 8-14 to St. Augustine and Amelia Island, Florida. Reservations are being taken now. Call Carol at 870-239-4093 for more information.



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QUALIFYING FOR MEDICAID

An often posed question is what, if any, gifts or transfers can be made when faced with the prospect of an extended long-term care stay. I will endeavor to give a brief overview of gifting techniques and strategies often utilized to protect and preserve hard earned assets.

Congress has established a period of ineligibility for Medicaid for those who transfer assets. For transfers made prior to February 8, 2006, state Medicaid officials would look only at transfers made within the 36 months prior to the Medicaid application (or 60 months if the transfer was made to or from certain kinds of trusts). But for transfers made after February 8, 2006, the so-called "look-back" period for all transfers is 60 months. While the look-back period determines what transfers will be penalized, the length of the penalty depends on the amount transferred.

The penalty period is determined by dividing the amount transferred by the average monthly cost of nursing home care in the state. For instance, if the nursing home resident transferred \$100,000 in a state where the average monthly cost of care was \$5,000, the penalty period would be 20 months

(\$100,000/\$5,000 = 20). The 20-month period will not begin until (1) the transferor has moved to a nursing home, (2) he has spent down to the asset limit for Medicaid eligibility, (3) has applied for Medicaid coverage, and (4) has been approved for coverage but for the transfer.

Transfers should be made carefully, with an understanding of all the consequences. People who make transfers must be careful not to apply for Medicaid before the five-year look-back period elapses without first consulting with an elder law attorney. This is because the penalty could ultimately extend even longer than five years, depending on the size of the transfer.

Transfers can also have bad tax consequences for your children. This is especially true of assets that have appreciated in value, such as real estate and stocks. If you give these to your children, they will not get the tax advantages they would get if they were to receive them through your estate.

This is an advertorial for Oldham Law Firm, PLLC.

EXERCISE IS MEDICINE

By Karan Summitt - The Diet Gal

According to popular legend, the Spanish explorer Ponce de Leon discovered Florida while searching for a fountain of youth. In the intervening centuries, we have learned that one of the answers for protecting a youthful body is not a transatlantic voyage to an undiscovered land, but is as simple as a brisk daily walk around the block. Exercise can prolong our lives.

Dieters know the value of movement. Movement burns calories, and the more calories you burn, the faster you lose weight. Slow movement burns a few calories, fast movement that gets the heart rate up burns even more calories. So does resistance and strength training. Burning 100 extra calories per day makes a difference of 10 pounds per year in weight...year after year.

But physical activity is beneficial in ways that go beyond weight management. Consider these findings:

- Exercise reduces the risk for colon cancer by 25 percent. *British Journal of Cancer*, 2011
- In a study of 7,500 people, those who increased their walking to a little over a mile per day had a 48 percent lower risk of mortality from all causes. *Journal of the American Medical Association*, 2003
- Exercise promotes the growth of brain cells in the elderly. *Journal of Gerontology*, 2006
- Walking cuts the risk of mortality in people with diabetes. *Archives of Internal Medicine*, 2003
- Exercise guards white blood cells against aging. *Circulation*, 2000
- Regular exercise in middle age delays aging by 12 years. *British Journal of Sports Medicine*, 2009
- Exercise significantly extends the life of kidney patients. *Clinical Journal of the American Society of Nephrology*, 2009
- Walking reduces breast cancer risk in post-menopausal women. *Archives of Internal Medicine*, 2010

There is more. Additional studies show physical activity to be an effective treatment in lowering cholesterol, reducing high blood pressure and warding off osteoporosis. It can relieve stress, improve sleep and have a positive impact on depression. Because exercise can keep muscles strong and reflexes quick, it is an excellent tool in fall prevention. It also speeds wound healing and boosts the immune system.

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Seventy percent of all Americans can be classified as “sedentary,” meaning they get little or no measurable exercise or physical movement each day. Being sedentary increases the risk of a heart attack or stroke by the same amount as smoking. In fact, according to one study (JAMA, July 17, 1996), smokers who exercised had a 32 percent lower mortality rate than inactive non-smokers.

Most recently, a study published in the International Journal of Behavioral Nutrition and Physical Activity found that the more people sit each day, the greater their risk for chronic health problems, such as cancer, diabetes and heart disease. At highest risk are occupations such as truck drivers and office workers.

The study found that those sitting for more than four hours per day were at significantly higher risk for the chronic conditions just mentioned. This was true even after the investigators took age, income, education, weight and height into account.

The good news with exercise is that a little goes a long way. The major gains occur when we go from doing nothing to doing something — even if that something is low impact and low intensity. Walking, even if it is done in several bouts throughout the day, makes a measurable difference.

Although our strategies may change, exercise should be a lifelong habit. When it is partnered with frequent physical activity for the remainder of the day, movement becomes a powerful agent for improving health. It is both prevention and treatment and is one pill that everyone needs to take every day.

BLESSING ROCKS & ICE CREAM

Morningside of Jonesboro hosted a garden blessings rock painting class for the residents. They were able to place their own garden blessing rocks to place in their personal gardens or to give to others.

Every Friday during the summer the residents have enjoyed a sweet treat. They have a local ice cream truck stop every Friday and the residents get to enjoy a cold treat. This has been a popular event among all residents and the staff as well.



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LAW ENFORCEMENT BANQUET

By Richard Brummett

Greene County Judge Rusty McMillon and Paragould Mayor Mike Gaskill made sincere, heartfelt comments to welcome and honor several retired members of area law enforcement back to town, but it was the laughs, handshakes and hugs shared by the men and women themselves that meant just as much as any words spoken.

Many former -- and some current -- officers from the Greene County Sheriff's Department, the Paragould and Marmaduke police departments, the Arkansas State Police and the Arkansas Game and Fish Commission attended a reunion at the Iron Horse Barbeque and Steakhouse in Paragould in August, mixing with family, friends and other supporters for an evening of reminiscing.

Brought to fruition by Omer Overbay, a Reserve Officer with the Greene County Sheriff's Department, and current Paragould Police officer Brad Snyder, the event

provided an opportunity for those who served the Paragould community years ago to renew old friendships and trade stories from their days on the local forces.

Overbay said one night the discussion of a reunion arose and he decided to pursue it, finding quickly how much the idea appealed to the former officers. "In July, it was like 15 people who were going to come," he said. "Then every week it was more and more. Guys would say, 'What about this guy? Or what about that guy?' and it just got bigger and bigger.

"I told the guys I used my criminology degree more trying to locate them than I ever did in police work. I started tracking guys down and people kept in contact with us and we wound up with a room full. Someone said they counted 82 people and Brad and I just sort of sat in the corner and looked at the smiles on people's face and watched them sit and talk to teach each. That's what it was

all about. Some of these people had not been back to Paragould since they left the force."

Overbay said plans are already in the works for a bigger, better version next August at the Paragould Community Center. "They were just adamant," he said, "that we're going to do this again next year. A lot of people didn't get the word about it in time and couldn't come, but they want to next year. Brad was really good in helping put it together. He says he's the unofficial historian of the Police Department but he kept people informed with the Facebook page and helped get the county judge and the mayor to say 'sure' to putting together a proclamation of appreciation. He wanted to keep that a surprise until the night of the dinner and it was real nice. It was just a wonderful experience."





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7 SUPERIOR SENIOR SUPPLEMENTS

As we age, our body's needs increase as the number of complaints increase. You can quickly become overwhelmed trying to determine what will actually benefit you and what is too much or not enough. Although individual needs vary, of course, I've compiled a list of seven superior senior supplements that should help most people maintain a healthy, active life well into their senior years.

1. Multi-vitamin/mineral. Our food supply is sadly lacking in the nutrients it should have in excess. Between over farming land and the abundance of processed foods, we can no longer count on a balanced diet to provide all of our vitamin needs, therefore, taking a supplement is essential to ensure we do not become deficient. However, the quality of that supplement is key as to whether it actually benefits you. As we age, the ability of our digestive system to break down and dissolve hard tablets and synthetic nutrients declines drastically. Seek out a high quality product such as an organic food-based multi that ensures your body actually gets the nutrients into your system instead of hard minerals accumulating in our blood streams.

2. Inflammation is a major player in disease, aging, and fatigue. Acute inflammation tells us something specific is wrong in the body wherever the pain occurs. This way we get the help we need to resolve the cause of the pain. But chronic, low lying inflammation can be much more dangerous. It can be the cause of high blood pressure, chronic fatigue, immune dysfunction, cognitive disorders, and a general sense of feeling bad. We tend to ignore the signs of this inflammation and brush it off as normal aging but taking a turmeric supplement daily can keep this inflammation down, reducing the risks of all these disorders. Turmeric is a root that contains a substance called curcumin, which is an extremely effective anti-inflammatory. However, once again, you need to know what to look for in a supplement. Turmeric is hard for the body to absorb so you need to look for products that have been manufactured in a way to enhance its digestibility. Black pepper extract is one way to do this. It is very effective but can cause heart burn in sensitive people. Some products use Meriva, which binds the turmeric to lecithin to make it fat soluble; others use BCM-95 a patented

blend of curcumin, lecithin, and turmeric essential oils. Whichever you choose, taking this super nutrient every day should help your body operate more optimally.

3. Collagen is also vital to joint health. It helps with connective tissue (i.e., helping things stay in place), joints, skin and hair, and gut health. It pairs great with sister nutrients silica and hyalouronic acid to keep a body firmer and more lubricated as well. This can be taken as a powder in smoothies or as a pill. There are a lot of great options out there; just try to make sure it's clean and free from hormones or chemicals.

4. Omega oils. Omegas play several important roles in our health at all stages of life. Of all the nutrients talked about here, these could be the category with the biggest range of quality between brands. Omega 3 has two main active properties, EPA and DHA. EPA is anti-inflammatory, lubricates joints, and helps with cardiovascular health. DHA is important for brain health and memory. A lot of products offer 1000 mg of omegas, however, the amount of active ingredients can be less than 300 mg of that total weight. Look for supplements with at least 500 mg of active ingredients to get the results you are expecting. Also a concern with omega 3 is purity. Many fish oils can be rancid or contain high levels of mercury or other heavy metals. Look for a quality guarantee and certification from a 3rd party lab such as the International Fish Oil Standards (IFOS) to ensure you aren't taking a tainted product.

5. Antioxidants are a classification of nutrients that protect our cells and DNA from free radical damage. These free radicals attack our telomeres, causing premature aging. There are many antioxidants available to us and they all work to protect us and reverse damage. Each one has an area that it excels in within the body. For example, alpha lipoic acid works great for nerve damage, grape seed extract helps with blood vessels and circulation, blueberries help with vision, resveratrol helps with blood sugar, stress, and skin tone. There are combinations available that combine many of these and we can include some in our diets easily but however you get them, get them in abundance because they fight for you wherever you need them.



Amanda Yates, NHD

6. Cholesterol is a major concern for most people and while there are lots of prescription medications available to control it, many of these come with undesirable side effects. Berberine is a compound found in several herbs that works with our bodies to naturally and safely balance cholesterol levels. Berberine also helps control blood sugar levels and helps to boost immune systems. We have found many of our customers benefit greatly from this nutrient without the side effects of prescriptions.

7. Probiotics are last but not least. These "good bugs" help with our digestion and elimination, they produce B vitamins needed for daily use, and they help regulate the immune system and prevent against intestinal infections. Not everyone needs 200 billion count probiotics. Most of us can benefit from 15 to 30 billion and not spend a fortune. What is important, though, is looking at the label. If your bottle has an asterisk after the potency per pill, look to see if it says "at time of manufacture" or at "time of expiration." Many companies do not put the effort into ensuring the bacteria is still alive when it gets to you. Most refrigerated bottles are fine. Shelf stable ones need to be formulated with special capsules and a food source to keep the bacteria alive. Doing a little research pays off. No reason to spend money on something essentially useless.

There are many other nutrients for specific needs of course, but these cover most people. At Jonesboro Health Food we strive to keep a great stock of these nutrients. We also have a very knowledgeable staff ready to answer your questions and guide you to the best supplements for you. Please feel free to contact me there with any questions about this article or any other health questions. I have a degree as a Doctor of Natural Health and would love to help get you started on a path to better health.

For more information, call Amanda Yates at (870)932-5301.



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Instruction

Medication Injections

Physical Therapy

Dressing Changes

Enteral Feedings

Education

Suture/Staple Removal

Occupational Therapy

Parenteral Feedings

Lab Work

Catheter Care and Changes

Speech Pathology

IV Therapy (Hydration,
Antibiotics, Etc.)



WALK TO END ALZHEIMERS' KICKOFF



On August 3, the Alzheimer's Association held the kickoff party for the 2017 Walk to End Alzheimer's charity event at the Hilton Garden Inn. The event consisted of free lunch, door prizes, information about the charity event, and special guest speaker, Matt Knight.

information about the event, contact Clayton Andrews at ckandrews@alz.org or 501-291-6511. And to learn more about Alzheimer's and how to raise awareness, visit alz.org.



The 2017 Walk to End Alzheimer's will be held October 7 at the Arkansas State University Student Union Lawn. Check-in for the walk will be at 9 AM and the walk will be at 10 AM. Although there is no fee to register to walk, donations are appreciated in order to raise funds for Alzheimer's care.

To register yourself or your team, visit alz.org/arkansas. For more



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DO YOU HAVE DRY EYE DISEASE?

Dry Eye Disease (DED) is a common ocular disease. It is estimated that twenty-five million Americans 50 years of age and older have it. People at high risk for DED include contact lens users, women, and diabetics.

Blinking spreads a nice film of tears over the eye. This keeps the eye's surface smooth and clear. When you have insufficient tears DED develops. It can have many symptoms including pain, blurred vision, itching, foreign body sensation, and watery eyes.

The tear film is made of three layers:

- An oily layer
- A watery layer
- A mucus layer

Each layer of the tear film serves a purpose. The oily layer is the outside of the tear film. It makes the tear surface smooth and keeps

tears from evaporating too quickly.

The watery layer is the middle of the tear film. It is the thickest layer and contains proteins and growth factors that help the surface of the eye stay healthy. This layer cleans the eye, washing away particles that do not belong in the eye. The mucus layer is the inner layer of the tear film. This helps keep the tear film on the surface of the eye and interacts with the corneal cells beneath it.

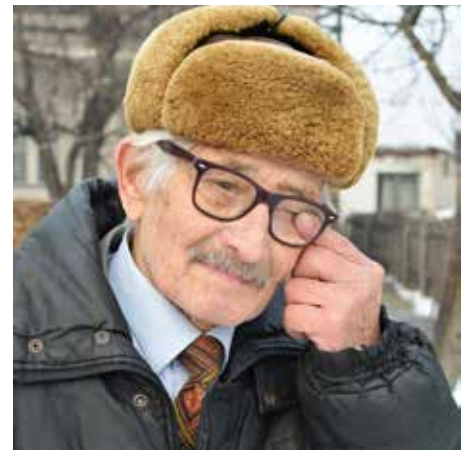
Normally, our eyes make tears with a complex mixture of each of these ingredients. If one or more of the ingredients is not right the eyes become dry. In those cases, we end up with DED.

DED can cause irritated, itchy and sometimes swollen eyes especially after reading or other activities that require

close focus. Other symptoms can include a stinging, gritty feeling and excessive tearing.

DED can be caused by many different things including: hormonal changes in women after menopause, certain medicines like antihistamines, antidepressants or blood pressure pills, exposure to windy climates as well as some auto-immune diseases like Lupus.

Southern Eye Associates in Jonesboro has been certified as a Dry Eye Center of Excellence to prescribe advanced dry eye treatments. For more information, call 870-935-6396.



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GET RICH

with Richard Brummett

I'm a firm believer that there is a God and that at times when we require it most He intervenes to provide much-needed solace.

For instance, when my father died in November of 2006 I had to call my sister, who lived in Seattle, and give her the sad news. The weather in her part of the country had been unusually brutal for several days but shortly after Dad passed, Kathy stepped out onto her terrace and was greeted by a beautiful rainbow ... possibly God's way of saying that things will be better and that there is still plenty of beauty left in the world to enjoy, or maybe He was letting Dad tell her everything was okay.

Years before Dad passed away he had decided he didn't care for the location of the burial plots he and Mom had at Linwood Cemetery and traded them for a couple more to his liking. It was on the day that we laid him to rest that I discovered they just happened to be up the hill from a section of the cemetery I was very familiar with, one that during my childhood was the place we little boys played our sandlot baseball games.

I never knew the arrangement -- or even if there was one -- that allowed us Little Leaguers to play on the vacant grassy strip of ground, but I know we spent many, many hours there trying to become Major Leaguers.

Now, since Dad traded burial sites, each time I visit his grave I am also treated to memories of my youth, simpler times when my biggest concern was recording the last out so my team could come to bat, and I smile.

That might be God and my father working in conjunction again.

Just a few weeks ago we said our final goodbyes to a great friend in Clint Dickson, a young man who lost a long battle with cancer, but one who along the way changed so many lives for the better. His courageous fight, his positive outlook, his embodiment of Christian love and spirit touched so many of us that his passing hit hard, as witnessed by the long line of people filling the church at his visitation.

The following day, when his funeral service ended and the procession made its way to the cemetery, I found myself shaking my head at the situation unfolding in front of me.

As we slowly drove through the narrow path to our designated spot, I wound up parking my car right beside the area that represented home plate back in my sandlot days. The section is no longer vacant, as time has managed to fill most of it up with headstones, but the memories of base hits and great catches and slides and arguments remain in the heart and mind of this old ballplayer.

It took little effort for me to imagine a group of skinny kids in blue jeans and t-shirts playing the game they loved, and the sadness in my heart was forced to move over for a while and share some space with a smile.

Looking up, I spotted the tent and the chairs provided by the funeral home that marked the burial site and realized they were situated in straightaway center field and I walked the remaining distance with a sense of peace and inner joy. How Clint would have grinned if he had known the story of that piece of ground, how happy he would have been to know that his final resting place was right in the middle of my childhood memories, and how we would have laughed out loud at the thought of his being in center field.

Now, each time I visit the cemetery I will not only think of my family, but also of my good friend Clint. When someone mentions the games of my youth, I will think of Clint. When I hear the word "sandlot" I will be drawn mentally to a place of great joy and I will think of my dear friend Clint, though he wasn't even born when we played our games there. But he's there now, for good, and our lives will remain connected by simple coincidence or circumstance.

Or maybe by divine intervention.

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September

2017 Kids' Events

6, 13, 20, 27

Story Time

When: Wednesdays, 10:30 AM
Where: Greene County Library,
120 North 12th Street, Paragould
Info: www.mylibrarynow.org

9, 16, 23, 30

Creature Feature

When: Saturday, 10:00 AM
Where: Crowley's Ridge Nature Center
600 E. Lawson Rd., Jonesboro, AR
Info: www.crowleysridge.org

17

Feeding Frenzy

When: Sunday, 3:30 PM
Where: Crowley's Ridge Nature Center
600 E. Lawson Rd., Jonesboro, AR
Info: www.crowleysridge.org



Peyton Mott found the swing set at Bland Park a perfect place to unwind after a day at school. Peyton, 6, is the son of Michael and Chastity Mott of Brookland.

September

EVENTS CALENDAR

04

What: Greene County Fair

When: Monday, September 4th - 9th

Where: Greene County Fairgrounds, Paragould

Info: Don't miss any of 130th edition of the Greene County Fair, Arkansas' oldest county fair... set for September 4th through the 9th at the Greene County Fairgrounds in Paragould. This year's fair has something for everyone! Livestock shows, carnival rides, the Little Miss & Miss Greene County contests, live music from the Dillan Cates Band and gospel music from Hearts Desire, the IPRA rodeo and not one, not two, but THREE big demolition derbies.

05

What: Balloon Launch

When: Tuesday, September 5th, 10am

Where: Valley View Elementary

Info: Valley View is kicking off Paint the Town Red with the release of numerous balloons. Howl for the Red Wolves Art Contest entries will be turned in. Judging will occur September 6th alongside the School Spirit Window Contest.

06

What: Red Wolves Luncheon

When: Wednesday, September 6th

Where: Paragould Community Center

Info: ASU Athletic Director, Terry Mohajir, will speak at the Red Wolves Luncheon as part of Paragould's Paint the Town Red. Winners of the Window/Door decorating contest will be announced and awarded 1st, 2nd, and 3rd place. For Chamber Members Only - not a member? Call 870-236-7684.

What: School Spirit Window Judging

When: Wednesday, September 6th

Where: Jonesboro, AR

Info: As part of Paint the Town Red, businesses participate by decorating their buildings in A-State spirit. There will be three awards given: Best Interior Decorations, Best Exterior Decorations, and Spirit Presentation. Participate by contacting the Jonesboro Regional Chamber of Commerce at (870) 932-6691.

07

What: Order of the Pack

When: Thursday, September 7th

Where: Centennial Bank Stadium

Info: Arkansas State University will host its 21st Annual Order of the Pack. The new 2017 Fall class is welcomed into the spirit of the

Redwolves along with alumni and friends. Spirit contests will be held to see which fraternity, sorority, or resident hall will win the spirit stick.

08

What: Big Great A-State Tailgate

When: Friday, September 8th 5 PM - 7 PM

Where: Main Street, Jonesboro

Info: Jonesboro is shutting down Main Street to celebrate the beginning of the football season with the Big Great A-State Tailgate. Vendors from varying businesses, games, and attractions will line Main Street all along from Washington Ave. to Huntington Ave. The Sound of the Natural State will perform fan favorite tunes and Coach Anderson will speak to kick off the new season. Attend the Big Great A-State Tailgate for free food and goodies. If you would like to become a vendor, contact the Jonesboro Regional Chamber of Commerce at (870) 932-6691.

09

What: Arkansas State vs. Miami

When: Saturday, September 9th 2:30 PM

Where: Centennial Bank Stadium

Info: The Arkansas State Red Wolves are back! Show your school spirit by attending the first home game of the 2017 fall season. A-State students and fans will be wearing black to this first home game to show unity and spirit.

10

What: Brunch & Browse

When: Sunday, September 10th 11AM - 2PM

Where: Downtown Jonesboro

Info: Brunch and Browse is an important part of the wildly popular Pack Pride Weekends. Celebrate that Red Wolf win with brunch at one of our participating restaurants. After brunch, browse through our local shops downtown and treat yourself. Brunch and Browse starts on September 10th, and happens on every Pack Pride home game weekend.

18

What: NEA District Fair

When: Monday, September 18th - 23rd

Where: 7001 Johnson Ave, Jonesboro

Info: The 2017 NEA District Fair is slated for September 18th through September 23rd. They are expecting even more exciting rides and performances, along with all the yearly livestock and craft competitions, talent competition, and of course, the crowning of a new NEA District Fair Queen. Visit neadistrictfair.com for gate admission, special price days, and events.

23

What: Great Arkansas Cleanup 2017

When: Saturday, September 23rd 9:30 AM - 11 AM

Where: Crowley's Ridge State Park, Pavilion 3

Info: Keep Crowley's Ridge litter free and beautiful by joining Team Up to Clean Up on September 23rd. All volunteers will sign up at Pavilion 3 and collect supplies and further instructions. All volunteers will receive a FREE pizza lunch. The first 30 to register the day prior will also receive a FREE t-shirt. To register, call 870-573-6751 or email crowleysridge@arkansas.com. Ask for the Park Interpreter, Elizabeth.

29

What: Parenting Conference

When: Friday, September 29th 6:30 PM - 8 PM

Saturday, September 30th 9 AM - 11 AM

Where: The Crossing, Paragould

Info: Mark and Jan Foreman will share their journey of raising their sons, Jon and Tim, who also happen to be two members of the band Switchfoot. Their "Never Say No" motto actually means, never saying no to a relationship with your children. They will give practical advice on raising kids with an identity in God and finding ways to nurture creativity and live in the wonder of life by loving others well. Visit fellowshipparagould.com for more information and ticket prices.

30

What: The Downtown Jonesboro BBQ & Music Festival

When: Saturday, September 30th

Where: Downtown Jonesboro

Info: The 9th Annual Downtown Jonesboro BBQ Fest is the premier BBQ event for the state of Arkansas. BBQ Contestants will set up booths along the streets of Downtown Jonesboro for guests to taste their food and then be judged. Winners will be awarded with \$10,000 in cash and prizes. *American Idol* winner Scotty McCreery will headline the music performance with his country flare. Barrett Barber from NBC's *The Voice* will follow soon after McCreery with his amazing performance. Children will be kept entertained with several kid activities, food, inflatable attractions, and a kids' area sponsored by Hijinx.

To have your calendar items included in Premiere Magazine, email information to:

graphics@mormediainc.com

Recurring EVENTS

Every Monday & Thursday: Alcoholics Anonymous, meets every Monday and Thursday at noon in the Welcome Center classroom at Paragould First United Methodist Church. The group is open, but courts slips will not be signed. Mondays: 12x12 Study. Thursdays: Big Book Study. For information contact Lynn at 419-350-1275 or the church at 870-239-8541. The church is located at 404 West Main Street. Parking is located in the large parking lot at the back of the church.

Second Tuesday of every month: The Greene County Wildlife Club meets at the Paragould Community Center beginning at 6:00 PM.

Second Tuesday of every month: Greene County Master Gardeners present a Brown Bag Lunch Program at the Greene County Library from 12-1. Bring a lunch and enjoy a free gardening presentation.

Second & Fourth Tuesday of every month: The Paragould American Legion Post 17 meets at 7:00 PM at the VFW on Hwy. 49. The second Tuesday is a business meeting and the fourth is a Pot Luck Dinner with spouses and friends.

Second Wednesday of every month: St. Mary's Spaghetti Dinner, 11 AM-1:00 PM Admission is \$6 for all you can eat spaghetti, salad, garlic bread, dessert and drink. At St. Mary's Catholic Church in Paragould.

Second Thursday of every month: The Compassionate Friends, 7:00 PM. Southside Community Church Conference Room, 2211 Jones Road. For parents grieving the loss of a child. tcfofnortheastarkansas@yahoo.com.

Second Thursday of every month: Alzheimer's Support Group with Alzheimer's Arkansas and Dierksen Hospice, 1:00 PM at Chateau on the Ridge.

Third Monday of every month: Greene County Retired Teachers Meeting, 11:30 a.m. at Grecian Steak House. All retired Greene County school personnel are invited.

Third Thursday of every month: Alive After Five, Downtown street market in Downtown Jonesboro.

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YOUR UBER HAS ARRIVED

By Jennifer DeLong

Well, Uber officially launched in the Jonesboro market on August 1, at noon. I have to admit, I only recently took my first Uber ride on my honeymoon in New Orleans last February. Buses, cabs, trains all were not a problem for me, but there was some kind of phobia of hiring a car from an app. How would I pay them, how would I know who they were. Let me tell you, that one ride in Uber was such a pleasant experience, I signed up to be a driver that day.

Take a deep breath, let's cover the basics so you can take advantage of this new transportation.

What is Uber exactly? Uber is a safe, affordable, private taxi service, staffed by friends and neighbors in our community. That means local jobs. Is it safe? Uber is dedicated to keeping the experience as safe as possible. Everything is done through an app on your phone. No cash is ever exchanged between the driver and passenger. Even tipping is done via the app.

All the drivers are prescreened before they

are allowed to accept riders. They must pass a criminal background check, have a car in good condition and have insurance and registration up to date. Additionally, you as the rider rate each ride you take. If the driver gets too many bad reviews, the company kicks them out. Be careful though; you are rated by each driver as well, so behave yourself.

How do I hire a driver? Download the Uber app from Google Play or the app store and set up an account. It will ask you for some basic information and you will need to put a credit card in to charge your rides. You will need to allow the app to have access to your location services.

Once you're registered, the app will ask where you'd like to go. It's a screen that simply says "where to." Type in the address or the name of the place you'd like to go. The app uses Google and location services to look up addresses. You're quickly given a quote. If it's acceptable hit "confirm" and your ride is on its way. Once a driver accepts your ride you will see a description of the car and a photo of the driver. They'll even alert you when they have arrived.

Enjoy the ride and when you safely arrive at your destination make sure to let people know you enjoyed the experience. If I'm your driver, make sure to say hi.



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A NEW STATUE ON CAMPUS

A new landmark was introduced to the Arkansas State University campus when a 350-pound, bronze red wolf statue was presented to the university by the Student Government Association.

The statue was unveiled by Haley Stotts, president of the A-State Student Government Association, and Logan Mustain, SGA president.

"If you've been on campus this summer, you've probably seen a lot of construction that has happened," said Stotts at a reception

prior to the unveiling. "This wolf is just adding to our campus beautification process so that future students can enjoy this campus just as much as we have today. I am excited to see how the campus is growing and I can't wait to see all that we accomplish this year."

Quoting Rudyard Kipling, A-State chancellor Dr. Kelly Damphousse said, "The strength of the pack is the wolf, and the strength of the wolf is the pack, and I hope that every time the students walk by the statue of this red wolf, they are reminded that they are part of a pack. The pack is always there for the

students, and each of them is responsible to the pack as well."

The statue, depicting a howling red wolf, is located on Aggie Circle, just east of the Carl R. Reng Student Union.

"The location of the statue is very important because it is near where students will exit the new welcome center that is being built," said Dr. Rick Stripling, vice chancellor for student affairs. "As they come by they can take pictures and be a part of the A-State family on the front end."

"This is just a recognition of how great things are going for Arkansas State University right now," said Mustain. "These are truly great times for Arkansas State."

The statue was sculpted in Querétaro, Mexico, and an identical statue will be in place at A-State Campus Querétaro when the site opens next month.



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P A R A G O U L D

**20TH ANNUAL
MEN'S HEALTH FAIR**

Thursday Sept 7 from 6 AM - 2 PM

*Professional Office Building at
Arkansas Methodist Medical Center*

The Men's and Women's Health Fairs are held as a community service in continuing with Arkansas Methodist Medical Center's mission of being a beacon of health, hope and healing. This year's health fair will include: Blood glucose and cholesterol screenings, blood pressure checks, weight and nutrition information and screenings, and PSA testing (blood screening for prostate cancer.) Visit www.myammc.org for more information.

BREASTFEEDING CLASS

Monday Sep 11 from 6 PM - 8 PM

*Professional Office Building at
Arkansas Methodist Medical Center*

This class discusses the importance of breastfeeding, breast preparation, feeding techniques and positioning options for mother and baby. This class is offered to moms who plan to breastfeed, dads and other support persons. If delivering at AMMC, the class is free, otherwise, there is a small fee. Call AMMC Lactation Services Department at 870-239-7013 or e-mail baby@arkansasmethodist.org for classroom location, pricing, and to register. Registration is required for all classes.

GOLF TOURNAMENT SET

Thursday Sep 14

8AM and 1 PM Flights

Paragould Country Club

AMMC holds the 23rd Annual Golf Tournament Set to raise funds to ensure quality healthcare services for Paragould and surrounding communities. Shotgun start at 8:00 AM, a noon lunch will be provided to all golfers with the afternoon flight beginning at 1:00 PM. For more information, call 870-239-7077. Teams and sponsorships are still available.

RETIREES MEETING

Friday Sep 15 from 12 PM - 1 PM

*Professional Office Building at
Arkansas Methodist Medical Center*

AMMC sponsors an employee retirees meeting every other month. This luncheon is held so that employees of the hospital who have retired have the opportunity to come together for good food, fun, and fellowship.

INFANT SAFETY CLASS

Monday Sep 18 from 6 PM - 8 PM

*Professional Office Building at
Arkansas Methodist Medical Center*

This class focuses on topics including car seat safety, childproofing your home and crib safety, as well as infant CPR. This class is offered to expectant families and anyone caring for the infant. If delivering at AMMC, the class is free, otherwise, there is a small fee. Call AMMC Lactation Services Department at 870-239-7013 or e-mail baby@arkansasmethodist.org for classroom location, pricing, and to register. Registration is required for all classes.

HEALTHY PREGNANCY CLASS

Tuesday Sep 26 from 6 PM - 8 PM

*Professional Office Building at
Arkansas Methodist Medical Center*

This is a healthy pregnancy class that can help ease the transition to parenthood for expectant mothers, their partner, and other family members. Topics include changes in early and mid-pregnancy; healthy lifestyle; coping with the discomforts of pregnancy; work-related issues; warning signs; and other information to help you have a safe, healthy, and worry-free pregnancy. This is a one-time class for expectant mothers who are prior to 16 weeks in their pregnancy. If delivering at AMMC, the class is free, otherwise, there is a small fee. Call AMMC Lactation Services Department at 870-239-7013 or e-mail baby@arkansasmethodist.org for classroom location, pricing and to register. Registration is required for all classes.

**TRAVEL AROUND THE
WORLD COMMUNITY
DIABETES PROGRAM**

Thursday Sep 28 from 6 PM - 7:30 PM

*Professional Office Building at
Arkansas Methodist Medical Center*

AMMC Certified Diabetes Educator Allison Hitt, RN, will explore healthy foods from several countries as part of her 2017 Travel Around the World Community Diabetes Program with the help of Wal-Mart. The event is free but please RSVP by Wednesday September 27 by calling 870-239-7016.



HIGH SCHOOL SWEETHEARTS

Jacklyn and Joseph Van Scoy

Joseph VanScoy and Jacklyn Risi were friends ever since second grade. They had become even closer through participating in band since the seventh grade. After sharing a dance at Dixie Band Camp's Formal in 2010, the two became a couple and have been inseparable ever since. The high school sweethearts endured three years of high school and four years of college at Arkansas State University. They were engaged on April 23, 2016, at Crowley's Ridge Park.

Joseph is the son of Dr. Sara and Dr. Robbie VanScoy of Jonesboro. He earned a double major in Biology and Chemistry from

A-State and is planning to attend Medical School at UAMS in the Fall of 2018.

Jacklyn is the daughter of Sandy and John Risi of Jonesboro. She graduated with a BFA in Graphic Design from A-State and spends her time designing magazines and painting portraits.

They married on May 20, 2017, at The Silos in Bono, Arkansas. Family was an important part of the wedding, for Joseph's cousin, SaraAnn preformed the ceremony and married the couple. And Jacklyn's uncle, Chris, sang "Brown Eyed Girl" for the Father-Daughter Dance. The wedding had slight influences from

their favorite television show, "The Office U.S." They currently reside in Downtown Jonesboro with their labradoodle, Carly, and cat, Watson, with hopes of moving to Little Rock in 2018.

Photography by Austin Sandy of A. Sandy Designs.





ENGAGEMENTS/WEDDINGS



Kristen Hailey & Ryan Griggs

Kristen Hailey and Ryan Griggs of Paragould, have announced their plans for an October wedding.

Kristen is the daughter of Tammy Hailey and Lloyd and Shonya Hailey.

Ryan is the son of Donna and Teresa Griggs. The wedding will be Saturday, October 21, in the afternoon.

Photo by Wisp Portrait Art - Sarah Watson

Haven Saffell & Garret Wise

Haven Saffell of Jonesboro and Garrett Wise of Paragould have announced their plans for an October wedding.

Haven is the daughter of Reg and Timi Saffell of Jonesboro. Garrett is the son of Gary and Ronette Wise of Paragould.

The wedding ceremony is scheduled for Saturday, October 28, 2017, at 5:30 p.m. at Akin Farm, with a reception to follow.

Photo by Labecca Brasel photography



Brooke Nichole Jadwin & Jason Andrew Hoskins

Brooke Nichole Jadwin and Jason Andrew Hoskins of Paragould announce their plans to hold a wedding in late September of 2017.

Brooke is the daughter of Michael Jadwin, and Kathy and Scotty Hickson.

Jason is the son of Lonnie and Joyce Hoskins. They plan to have their wedding on the evening of Saturday, September 30, at the Cedar Ridge Venue in Paragould.

Photo by E.G. Weddings + Portraits.



BIRTHS

Nathan Wayne Eason

Steve and RebeckhaMae Eason welcome their newborn son, Nathan Wayne Eason into their lives.

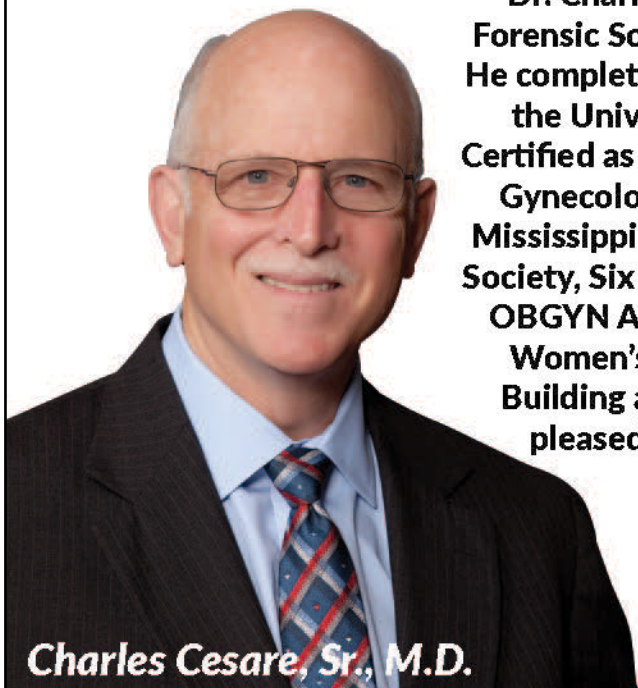
Born June 29, 2017, at the NEA Hospital, the baby weighed 6 pounds, 14 ounces and measured 21 inches long.

The proud grandparents are Boyce and Emma Cate and Larry and Serena Eason.

Photo courtesy of Karole Risker



AMMC WELCOMES ADDITIONAL OBGYN








Charles Cesare, Sr., M.D.

Dr. Charles Cesare, Sr. received his Bachelor of Science in Forensic Science from the University of Mississippi in Oxford. He completed his Medical Degree, Internship and Residency at the University of Mississippi in Jackson, MS. He is Board Certified as a Fellow by the American College of Obstetrics and Gynecology. He holds professional memberships with the Mississippi State Medical Society, the Arkansas State Medical Society, Six Counties Medical Society and the Mississippi State OBGYN Alumni Association. Dr. Cesare will join the AMMC Women's Clinic and be located in the Professional Office Building at AMMC. Arkansas Methodist Medical Center is pleased to welcome an additional OBGYN to its team.



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The Greene County Wildlife Club has dedicated a fishing pier on Reynolds Park Lake to local veteran, Dan Martin. Club members and friends of Dan attended the naming of the pier on July 27. Sgt. Dan Martin, USMC retired, was the Public Relations Officer for the Greene County Wildlife Club. He was passionate about conserving wildlife areas for the enjoyment of future generations. He was an avid outdoorsman who always did what he could to share his passion of the outdoors with others. Every year at the Greene County Fair he would spend the week telling people about the public lands available to them and that it belonged to them so they should go out and enjoy it. He loved visiting Reynolds Park and would often take his granddaughter to enjoy the playground or to fish. He will be greatly missed.





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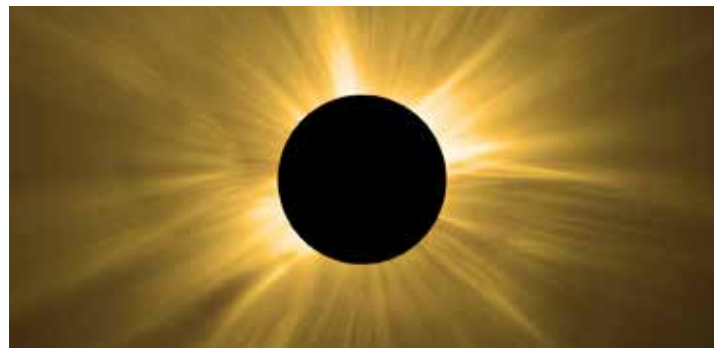
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HAPPENINGS

2017 ECLIPSE



More than 50 people watched the eclipse over the course of the afternoon on August 21 at First United Methodist Church. Guests were treated to snacks (moon pies, moon cookies, etc.) while the church streamed NASA. Those who wanted to see it in person were given glasses so that they could see the phenomena outside.



Special thanks to Subteach for providing bags for third and fourth grade students at Woodrow Wilson Elementary. Subteach and Woodrow Wilson are Partners in Education through the Paragould Chamber of Commerce. Pictured: Carlee Jenkins, Maria Trujillo, Dalton Masters, Leni Rogers, Ivy Jo Halcomb, Will Butler, Ava Beasley, Harrison Hobbs, Sophie Hancock and Tammy Winn.



Paragould High School students Madi Wood, Megan Holmes, and Holly Blair Benson were selected by PHS teachers and staff to attend Girls State May 28th - June 2nd. Girls State was held at Harding University in Searcy.



This past month Junior Auxiliary of Paragould welcomed the new provisional class for the year. These 16 new members will help in serving the community of Greene County. JA of Paragould is a nonprofit service organization consisting of women who desire to make a lasting difference in the community.

Animal CLINIC

Welcomes
STACIE LANDRUM
as our new Practice Manager!

She has 10 years of veterinary management experience and is a graduate of ASU with a Bachelors in Accounting. Stacie lives in Paragould with her husband, Andy, of 18 years and their son, Luke, who is a 9th grader at GCT. They also have a cat, Layla. She is excited for her new adventure at PAC!

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Stay Tuned

What's in store next month?

Women in Business



October is all about women! We celebrate women in business across Northeast Arkansas.

Cancer Awareness



Premiere celebrates Breast Cancer Survivors and raises awareness about the life-threatening disease.

Fairs and Festivals



Read about all the fun from the Greene County Fair and NEA Fair of September.

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